

Name: _____

Creating an Exercise Obstacle Course

Camp directors are leaders at a camp. They are in charge of making sure children are happy, safe, and healthy at camp. Imagine that you are a camp director who is building an obstacle course! The goal of the obstacle course is to encourage kids to have fun while exercising. Follow the steps below to design an obstacle course.

Step 1: Plan Your Obstacle Course

Below, you will see six boxes. Each box is for one part of the obstacle course. For each part of the obstacle course, write an obstacle and an exercise that people will complete. You can use ideas from the boxes below or come up with other ideas.

Part #1

Obstacle:

Exercise:

Part #2

Obstacle:

Exercise:

Part #3

Obstacle:

Exercise:

Part #4

Obstacle:

Exercise:

Part #5

Obstacle:

Exercise:

Part #6

Obstacle:

Exercise:

Obstacle Ideas

Balance beam



Net wall



Rope bridge



Tire swings



High ropes



Hanging log



Zip line



Low Crawl



Exercise Ideas

- Hopping on left foot for 15 seconds
- Hopping on right foot for 15 seconds
- Crab walk while singing a song
- Jump from side to side for 30 seconds
- Jump as far forward as you can
- Pretend to jump rope for 20 seconds
- Pretend to shoot a basketball 10 times
- Walk like a bear for 30 seconds
- Jump like a frog for 30 seconds
- Lay on your back and move your legs in the air like you are riding a bike
- Do a crazy dance move for 30 seconds
- Do 5 push ups
- Do 15 jumping jacks
- Walk backwards for 20 seconds

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Step 2: Draw a Map

Draw a map of your obstacle course in the box below. Make sure to include the following:

- A start and a finish sign.
- A drawing and label for each part of the obstacle course.
- A path of how to get from the start to the finish sign.

Here is an example of an obstacle course map! Look at how the map has a start and a finish labeled. The map also has a label for each obstacle and has a clear path from the start to the finish.



<https://raceroster.com/events/2020/21818/6th-annual-buckeye-marathon-half-marathon-10k-5k-and-obstacle-course>

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Step 3: Make a flyer

Make a flyer that tells kids why they should try out the obstacle course at your camp! You should draw your flyer on a separate piece of paper. Your flyer must include the following information:

- Name of camp
- 2 reasons why kids should try out the obstacle course
- At least 2 facts from the box below about why exercise is important

Reasons why exercise is important



- Helps students focus in school
- Improves sleep
- Builds strong bones and muscles
- Improves how people feel about themselves (self-esteem)
- Teaches teamwork